

Health Promotion for Young Workers in the Restaurant Industry: A Team Approach

Organizational Wellness
& Learning Systems, Inc.



Grant Team

- **OWLS:**
 - Pam Long—Project Director
 - Joel B. Bennett, Ph.D.—Principal Investigator
- ***Partnering Worksite for Field Work:***
 - National Restaurant Chain
 - Casual Dining
 - 36 Units + 18 Control (3 regions)
 - Contact: Senior Director/Corporate HR
- ***Dissemination Strategy:***
 - Council of Hotel & Restaurant Trainers

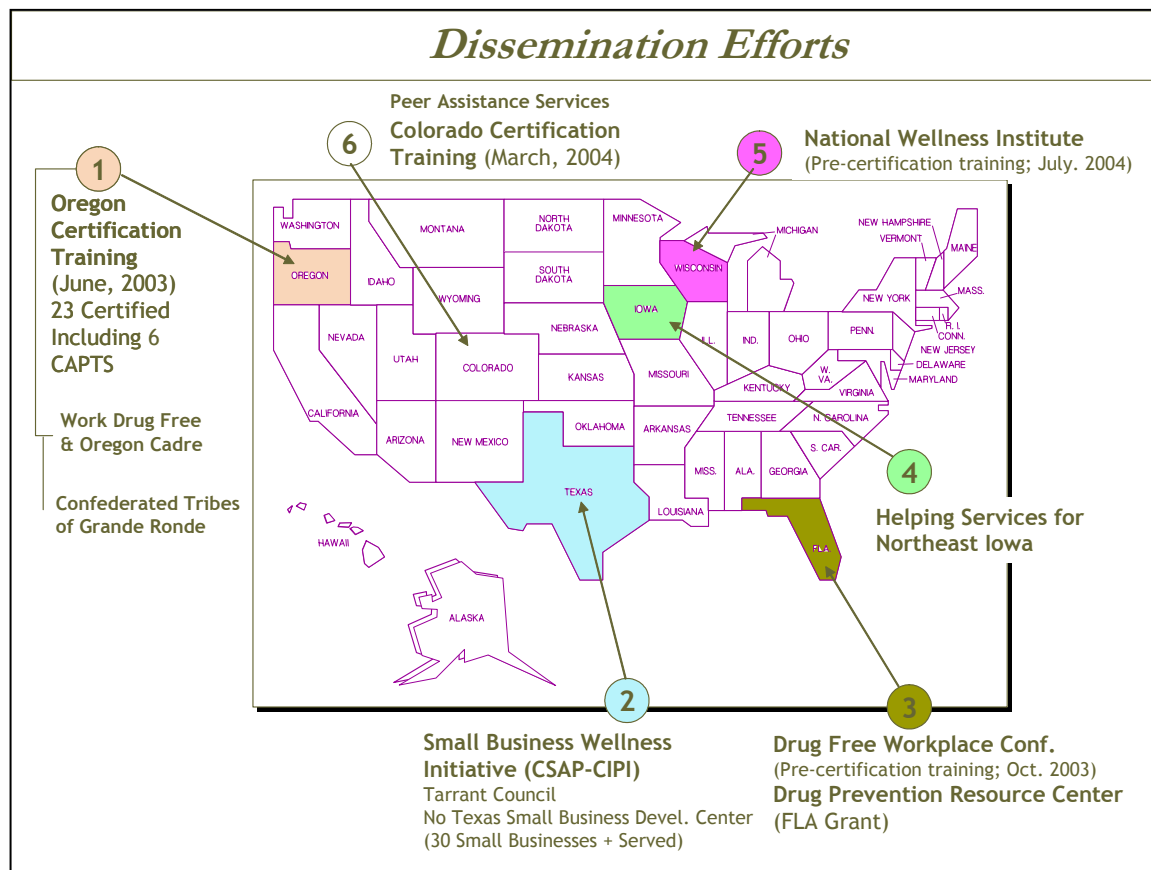


Goals

- Modify Team Awareness in two ways:
 - Team Awareness^{YIW}
 - Standard Customization Protocol
 - Team Resilience (enhanced protocol)
 - Build in Leadership Training
 - Build in Wellness Website Access



Implementation History



Primary Components

- ADAPTATION
 - “Emerging Adulthood” (Jeff Arnett)
 - “Culture Analysis” (Genevieve Ames)
- CONTENT
 - 8-hour training with preparatory focus group and customization



Products

- All products available for free download at <http://www.organizationalwellness.com>



Expected Intermediate and Long-Term Outcomes/Method

- Sample
 - 1,000+ young workers
 - ~ 30 per unit @ 18 months
 - 100 managers
 - Ethnically diverse
- Measures
 - AOD
 - Climate
 - Turnover
 - Emerging adult schema

